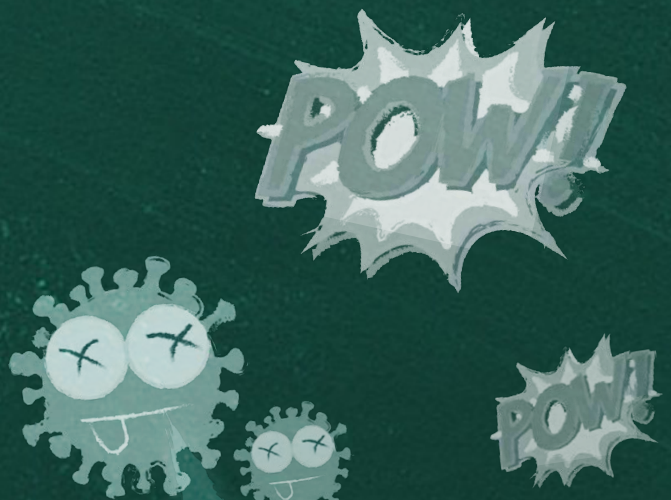
THE TOP 5

BACK to SCHOOL

IMMUNE SYSTEM HACKS



From Novotny Nutrition & Wellness
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1 GET 20 MINUTES OF EXERCISE EVERY DAY

You don't need to subject yourself to an intense exercise regimen like an NBA player or MMA champ in order to help your immune system. Something as simple as getting that heart rate up for just 20 minutes a day is shown to have crazy good health benefits.

Studies have found that even daily low-intensity exercise can be incredibly beneficial in your overall health, lowering your risk of diabetes, cancer, and other chronic diseases while boosting your immunity

Physical activity is shown to help flush bacteria out of the lungs and airways, which helps reduce your chance of getting a cold, flu, or other illness. Exercise causes change in antibodies and white blood cells, helping them circulate more rapidly, so they can detect illnesses earlier than they might have before.

Exercise also slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.

WHAT TO DO

If you aren't already on one athletic team or another, then take a brisk walk for 20 minutes, either during your lunch break or immediately after you get out of school.

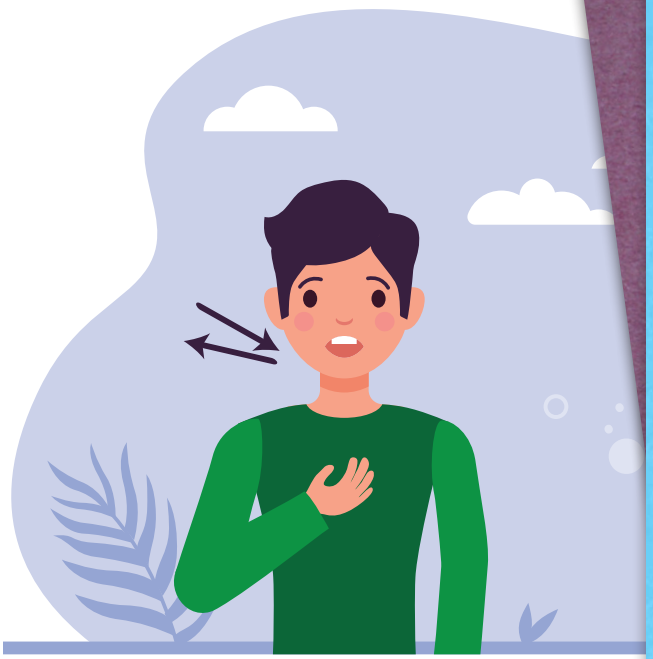
BREATHE AWAY STRESS IN JUST 5 BREATHS

2

One of the simplest stress-reducing and immune-boosting things you can do is breathe deeply. A study from 2005 discussed the potential for yoga forms of rhythmic breathing, in immune system improvements and stress reduction.

What's interesting is that cancer patients were the subject of the study and the results showed that performing regular breathing exercises could help boost immune cells that can combat cancer progressions.

The study looked at what's called natural killer (NK) cells (a type of cell critical to the body's immune system) and found that controlled rhythmic breathing increased NK cells over a 3 to 6-month period.



WHAT TO DO

Take five deep breaths before school, and then repeat the process for each class. That's it. Taking a moment on a regular basis to prioritize fully filling up and emptying your lungs helps you destress and support your immune system.

3 LOWER YOUR SUGAR INTAKE

Sugar is often a staple in the student diet, but it's the bane of staying healthy for myriad reasons, including hurting your immune system.

Studies have shown spikes in sugar intake suppress your immune system, making you more likely to get sick. Refined sugar can reduce how white blood cells perform and increase inflammatory markers. In fact, obese people have fewer white blood cells with a reduced capability to fight infection.

Immune function decreases for hours after sugar is consumed. A research study done by Loma Linda University in which participants were fed different forms of sugar found that the effectiveness of white blood cells decreased up to 50% after 1-2 hours of eating sugar, lasting up to five hours.

WHAT TO DO

If you can't entirely deprive your sweet tooth, then eliminate these two things: soda and hard candy.

VITAMIN IT UP WITH WHOLE FOOD SUPPLEMENTS PACKED

WITH PROVEN IMMUNE-BOOSTING NUTRIENTS

4

Medical researchers from Singapore General Hospital recently published a "preprint study" that showed how a combination of nutritional supplements can reduce the progression of COVID-19 into the severe or fatal stages.

The supplements used in the research included Vitamin D3, magnesium, and Vitamin B12 (dubbed DMB). The medical researchers tested the effect of DMB on patients who were not yet in the severe or critical phase of the illness.

The DMB patients required shorter hospital stays, less need for supplemental oxygen, and lower rates of ICU admission.

And then there's vitamin K. New research from the Netherlands has shown that COVID-19 patients who have low Vitamin K status tend to have worse outcomes. The Dutch study analyzed blood from 123 patients admitted to the hospital in Nijmegen who were treated with COVID-19 and matched those against blood from 184 controls.

Healthy levels of vitamin K2 appeared to be linked to better health outcomes, including cardiovascular and lung health.

The biggest game changing nutrient of all is probiotics, or friendly bacteria. Your gut is your second immune system. A growing body of scientific evidence suggests that you can treat and even prevent some illnesses with foods and supplements containing certain kinds of friendly bacteria.

WHAT TO DO

We have packed all these proven nutrients and more into one powerful formula: the Exposure Protection Pak. This Pak includes 60+ different nutrients designed to work synergistically to give your immune systems a massive boost. Take one a day before you go to school.

5 EAT MORE FRUITS & VEGGIES

Antioxidants help your body ward off infection when you are exposed to a virus. So, if you do get the flu or a cold, studies have shown that by having an abundance of antioxidants available, you can significantly reduce the duration and severity of symptoms and for how long you're sick.

Illnesses, including viruses like COVID-19, cause something called oxidative stress. This is bad. A ton of cell signaling goes off in the lungs when the flu strikes, but said virus interferes with those signals via oxidation. Antioxidants are shown to quell the interference and fight off the flu.

WHAT TO DO

You need to start chowing down more on a variety of fruits and vegetables every day (one fistful equals one serving). It is tough to get 10 servings in a day. To make this easier, take one scoop of Complete Nutrition Plus powder every day. Our powerful formula of over 30 fruits, vegetables and herbs ensures you meet your daily needs of specific, immune-boosting antioxidants, as well as, protein, carbs, and essential fats. This is the only formula that has human clinical studies proving it can boost your immune system by neutralizing all of the known free radicals that damage your body.

One serving of Complete Nutrition Plus contains 15,000 antioxidant units, which is over 13 times the antioxidant potency the average American gets per day.

THE TOP 5 BACK TO SCHOOL IMMUNE SYSTEM HACKS: RECAP

1. Get 20 Minutes of Exercise Every Day

2. 2. Breathe Away Stress in Just 5 Breaths

3. Lower Your Sugar Intake

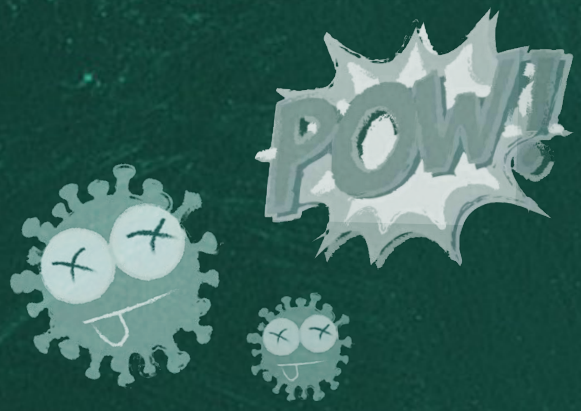
4. Vitamin It Up with Whole Food Supplements Packed with Proven Immune-Boosting Nutrients

5. Eat More Fruits & Veggies

6. Regular Chiropractic Adjustments.

PREPARE FOR A SCHOOL YEAR UNLIKE ANY OTHER

You CAN protect your children from viruses while school is in session. We have 5 scientifically proven life hacks (including whole-food supplements) that research shows can help boost your kids' (and your own) immune system.



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